

Letters to the Editor ...

A Bone of Contention

Dear Editors: "Medical Myths of Osteoporosis" (Oct-Nov 1998) does much to expose the medical establishment's use of osteoporosis scare tactics to entice many women into taking toxic drugs. Unfortunately, the article perpetuates two of the most outlandish myths regarding the disease, namely that meat and saturated fat contribute to bone loss.

In short-term studies showing negative calcium balance in subjects fed diets high in protein, the protein was in the form of purified powders. When fed meat, subjects showed no negative calcium balance.¹ Skeletal remains of hunter/gatherers, whose diets were high in protein and fat, show no evidence of bone loss.

Recent studies have demonstrated that dietary saturated fat is necessary for proper laying down of calcium in the bones.²

To maintain bone health into advanced years, women should be encouraged to consume not drugs but liberal amounts of dairy fats, which are high in natural saturates, and which contain fat-soluble vitamins necessary for proper utilisation of calcium and phosphorus.

Sally Fallon and Mary G. Enig, PhD, SAFallon@aol.com

1. Fallon, Sally and Mary G. Enig, PhD, "Dem Bones: Do High Protein Diets Cause Bone Loss?", *Price-Pottenger Nutrition Foundation Health Journal* 20:2:1-4. (Available from Price-Pottenger Nutrition Foundation, USA, tel (619) 5740 7763.)

2. Watkins, B. A. et al., "Importance of Vitamin E in Bone Formation and in Chondrocyte Function", *AOCS Proceedings*, 1996, Purdue University, Lafayette, IN, USA; Watkins, B. A. and M. F. Seifert, "Food Lipids and Bone Health", *Food Lipids and Health* (R. E. McDonald and D. B. Min, eds), Marcel Dekker, Inc., NY, USA, p. 101.

Tsunami Visions for East Coast

Dear Duncan: Thanks for sharing NEXUS readers' input regarding the prophecies of a tsunami [Letters, 6/01]. I am happy to accept that it is the largely shock-tactic advertising of the movie *Deep Impact* that is to blame.

However, personally, I'm still fearful. Roughly every two years for the past six years I have seen the wave hit the area I was in at the time in a dream.

I make no claims to prophecy on my behalf, but it still has me very

scared. I have seen these waves hit from Bondi Beach, NSW, up to Surfers Paradise, Qld. I have very vivid memories of each dream.

I'd like to know what is involved in obtaining copies of other people's letters regarding the tsunami. The omissions of personal details would be perfectly understandable. What I want to do is collate as much information as possible to look at possibly identifying the source of the wave and its most probable effects.

This is a personal project and I declare that I have no intention of using this information for financial gain. I will be quite happy to make any of my findings available to you.

Aaron Dorling, pcp@ircnet.com.au

(Dear Aaron: I'm sure you will be hearing from readers via your e-mail address. Ed.)

Digital TV Deception

Dear Duncan: Saw the news item (5/06) on the digital TV overview and laughed—after all, the LNB on the satellite TV dish is a one-way device and cannot transmit data back to the originator via the satellite. On the other hand, the cable company can know exactly who is viewing what. Two days later, I bought the next week's TV program mag and saw an item that told me that a new dish was required for Sky digital TV. As the system is 'interactive', this means that the dish contains a transmitter, so unplugging the phone connection will *not* turn off this feedback.

Looking through the program pages I saw that *Max Headroom* was to be shown again—you remember, instant audience figures and the 'Blip-vert' to prevent viewers having time to channel-hop during the adverts break.

Through the technical press I learn that the TV will switch between high or low definition depending upon the signal strength and integrity, which makes a lie of the advertising hype of how much better the quality will be.

But now the real reason for digital TV (in the UK at least). Not only can the released radio spectrum space be 'sold' to other users, but the viewer can be charged for every program viewed. Now you can see why the News Barons—

Maxwell, Murdoch, et al.—were so keen to get their hands on the satellite TV networks. It is *they* who rule the world, for the human being's greatest weakness is a box of pictures.

Thanks for NEXUS. Regards,
Alan Levett, Glastonbury, England, UK

Port Chicago Remembered

I found your article on the Port Chicago explosion to be very interesting [see 3/04], as my father was (co-incidentally) telling me, just yesterday, all about it.

During WWII my father, Ensign Lester Pecan, was being treated in a hospital near to the explosion at the time in which the explosion at Port Chicago occurred. He immediately left his hospital bed and 'flew' to the site of the explosion. Risking his own life to save the lives of many others, my dad, of his own volition, fought the fires and led many people to safety. He did receive a Navy and Marine Corps medal for 'heroic conduct'.

Until I read your article, though, (as well as talking to my father yesterday), I never quite realised how tragic this historical 'incident' really was.

Alyson Pecan, Long Island, NY, USA, alyson022@aol.com

New Light on Raw Food Diets

To the Editor: I found the little article headlined "Microwaves Disrupt Human Light-Emitting Capacity" on page 8 of your Oct-Nov 1998 issue [5/06] extremely interesting and it goes right along with something I have observed.

I am an artist and have also done experiments with diet that not too many people have ever done; that is, I have lived for a long time on all raw food, nothing cooked. Now, I noticed when I went on a raw food diet, besides making me feel much more youthful, energetic and enlightened, it enhanced my ability as an artist, chiefly in two ways: my ability to draw striking visual rhythm was much improved and my colours became brighter, more beautiful and harmonious. I could see that the raw food diet had made my energy field more coherent, which in turn improved my ability to create coherent artwork.

So I expect that if Dr Hyland

will look into it, he will find that fresh, uncooked food emits coherent light and, when we eat it, it maintains our own ability to emit coherent light. Cooking disrupts the coherency of the light in food (microwaving it is no doubt even worse than regular cooking), eating it disturbs our ability to emit coherent light, and of course various health problems can be expected as a result. Many people have experienced recovery from various 'incurable' diseases when they went on a raw food diet.

Another thing I've noticed is that strict raw-food eaters maintain their hair colour well into their 40s and 50s, long after most people start getting grey hair. I expect grey hair is a sign that the coherency of one's light is breaking down.

Sincerely,
Joe Alexander, Fayetteville, Arkansas, USA

The Almond Milk Alternative

Dear NEXUS: If Sandra and David Cooper [Letters, 5/06] would care to investigate the benefits of milk from nuts, they may find these have a very high nutritive value.

All kinds of nuts contain vitamins, proteins and minerals, though some, notably brazils and peanuts, contain much oil.

I found that almonds, blanched in boiling water and skinned (or left whole and sieved after grinding in the food mill) can be mixed with fresh water and blended to produce an excellent, highly nutritious 'milk' that is a useful addition to any animal milk. This milk can be made to be thin or as thick as double cream; for this last one, add a little good-quality oil and honey if required.

Good luck!
Jennifer Miles, London, UK

Freedom or Exploitation?

Sir: I have just realised what a pack of canting humbugs we of 'the West'—whether one is talking about Australia, the USA or the European 'Union'—are.

Did we not, from 1945 even unto 1990 lament the lack of freedom in the Soviet Union and its satellites? Were we not deprecatory over the fact that their inhabitants were prohibited from freely leav-

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NB: Please keep letters to approx. 100-150 words in length. Ed.

ing when they chose to? Were we not proud of our freedom?

Yet look at today. Since about 1920 the USA has strictly controlled the numbers migrating thither. We Australians have had our birthright to go 'home' to the United Kingdom, or to any of Her Majesty's dominions taken away from us, and now the news bulletins and reports are full of stories about how 'Europe', Australia, Malaysia and other so-called 'free' countries are restricting not just immigrants in general, but even refugees.

What exactly are we supposed to mean by freedom? For to me it seems that our leaders attach only one meaning—namely, the freedom for the bully to exploit everyone else and, in particular, for us here to be exploited by American oligopolies.

N. R. Cole, East Malvern, UK

Vitamin Dosage Controversy

Duncan: The US FDA (United States Food and Drug Administration) has enormous power over what we consume, based on studies biased toward finding predetermined conclusions.

The FDA (and its Australian equivalent [the TGA]) approves the use of genetically engineered bovine hormones. They have banned powerful preservatives such as BHT from being used by the meat industry.

The RDIs (Recommended Daily Intakes) of vitamins and minerals have been set frighteningly low—a safety curtain aimed merely at preventing deficiency symptoms.

In Australia in 1992, the maximum allowed dosage of vitamin A per supplement tablet dropped from 25,000 IU to 5,000 IU. The FDA has changed the RDI of folic acid from 250 µg to 400 µg. Why? What studies prompted this? Professor Roger Williams (discoverer of pantothenic acid, vitamin B5) suggests it should be more like 2,000 µg.

The RDI of vitamin C was once set at 30 mg. It was changed to 60 mg and later knocked back to 45 mg. Why? Which is correct? If I consumed 30 mg, thinking this was adequate but later learned I should have taken twice this, how do I know that 60 mg is not half as much as I should need? The RDI

is now 60 mg, yet studies by Pearson and Shaw suggest 7,500 mg as a *minimum*.

FDA studies found *no* benefits from the intake of 'large' doses of vitamin C (not surprising since their idea of 'large' is around 300 mg). Vitamin C has been taken intravenously up to 150,000 mg without harm.

In 1971, the US FDA invited Linus Pauling (Nobel Prize-winning chemist) to a conference to explain the benefits of vitamin C. Just prior to this conference, Pauling's research was discredited by the FDA with feeble data and reasoning. When Pauling produced meaningful data and irrefutable scientific evidence, his invitation to the conference was withdrawn.

FDA attitudes are the result of ignorance, bias, a misunderstanding of vitamins and minerals, and a lack of hope or vision. In the words of Stanton T. Friedman: "Don't bother me with the facts; my mind is already made up!"

Yours sincerely,

Andrew Duncan, East Doncaster, Victoria, Australia

Speed of Light Calculations

To the Editor: I have seen a suggestion that there has been a measurable decline in the speed of light since first calculated in 1675. The decline apparently continued until c. 1960 and no further decline could be noted.

As I'm not scientifically trained (i.e., ignorant!) I hope readers can answer some queries. How would this affect the related radioactive decay in rocks? Does this bear on those objects in the galaxies which appear to be separating faster than the speed of light?

The log sine curve postulated—almost vertical up to a point in the past—would at some past time produce almost infinite speed of light, according to my informant, with interesting implications.

Has any reader of NEXUS (brilliant!) further information on this? Or—I'm a new reader—is there a back issue of NEXUS addressing it?

James McBride, coguk@aol.com
(*Dear James: I have noticed discussions on this very subject taking place in various corners of cyberspace. Search thither! Ed.*)

Alternative vs Free Energy

Dear NEXUS: I have recently had correspondence with the Centre for Alternative Technology in Wales concerning the question of free energy. I would have thought that being an 'alternative' technology centre they would be very interested in the notion and want to investigate it further.

But no! They "know of no devices that have successfully demonstrated the practicality of extracting energy from the Zero Point Field", although go on to say, "...should anyone wish to provide us with a working device...we would certainly be happy to display it at the Centre".

Well, Free Energy people, that is the challenge! If you can help in any way concerning this, please contact the Centre for Alternative Technology at <ateic@catinfo.demon.co.uk>. Their website is <http://www.cat.org.uk>.

Yours sincerely,

Kevin Butler, Frome, Somerset, England, UK

Addicted to NEXUS

Dear NEXUS: An extremely good magazine which I have been reading for 18 months.

Like someone once said, the world is divided between those who have read NEXUS and those who have not.

Make it monthly, as I start going into withdrawal symptoms after six weeks.

Steve Bailey, Exeter, Devon, steve@socks28.freemove.co.uk

Reviews under Review

Dear Duncan: I think your magazine is wonderful. It is one of the only worthwhile magazines with serious international distribution.

My only complaint is that your book reviews seem to be a little too generous. The result is that one tends to view them in the same light as the blurb on a book cover: a sales tool, rather than a serious review. I know this is maybe the kind and even 'spiritual' way to do it, but it prevents the reader from making an informed purchase. If your reviews were more honest (and perhaps a little more caustic), your readers would know when someone has written something exceptional.

That said, I understand the diffi-

culty of writing proper reviews when you are also acting as a sales agent for many of the books, and I suppose that the dissemination of alternative information should take priority over critical reviews.

Thanks for producing such a great magazine!

Andrew Paterson, London, UK

(*Dear Andrew: Thank you for your kind comments. About the book reviews, hmmm. The books which would probably get caustic reviews are usually among the books we do not review! It is just too easy to say caustic things about someone's work. Ed.*)

Oh, What a Sanitised World...

Conditioned, controlled,
constrained as a child
making me believe I was
meek and mild
and that logic and fact
was enough for all
and to think for yourself
would cause you to fall—
from grace, from face,
from immovable feasts
to a world inhabited
by evil beasts

So I became a dutiful slave
with a path to follow
right through to my grave
in a fortress created
by fools like me
who had glimpses of truth
but chose not to see
whose comfort came first
with its stability...
and the planet forgot
its true destiny...
clamouring for sanitised
conformity,
for what...

A bright new reality waits near
for those without caution or fear
who've discovered a way
to empower themselves
above suffering,
blindness and greed.

Poem by Michael Antares,
Sydney, NSW, Australia

(*Dear Readers: Please do not take this as a signal to send in your poetry. I am absolutely, definitely, positively, never going to publish anyone else's poem ever again! Thank you. Ed.*)